

Activity

Think about a difficult decision you have had to make in your life. For example, whether to change jobs, move home, or end a relationship, and then think about the following questions:

1. How long did it take you to make the decision?
2. Did you talk to other people to help you make the decision?
3. What helped you make the decision?
4. Did you change your mind?
5. Would you have wanted someone else to make the decision for you?